



## Ants in Trees

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**355 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon canola oil
- 0.5 cup chicken broth
- 1 tablespoon sambal chili paste
- 1 teaspoon cornstarch
- 4 green onions divided chopped
- 10 ounces ground pork
- 1 tablespoon rice wine
- 2 ounces soya sauce

- 4.5 ounces mung bean noodles

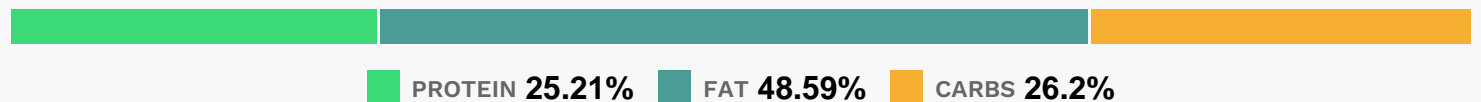
## Equipment

- bowl
- frying pan
- whisk
- colander

## Directions

- Soak the noodles in enough hot water to cover by 1 inch for 20 minutes. Use kitchen shears to cut the noodles into 3 to 4-inch pieces and drain thoroughly in a colander for 10 minutes.
- Combine the soy sauce, rice wine, and chili paste in a medium bowl and whisk until smooth.
- Add the cornstarch and whisk until combined.
- Add the pork and mix until thoroughly integrated. Set aside for 30 minutes.
- Place a 12-inch saute pan over high heat for 1 minute.
- Add the oil and swirl to coat the bottom and sides of the pan. Once the oil shimmers, add the meat mixture. Stir constantly for 2 minutes, breaking the meat up into very small pieces.
- Add 2/3 of the green onions and continue cooking and stirring until the meat is well browned and in very small pieces, approximately 2 minutes. Reduce the heat to medium-high and add the broth. Cook until reduced, approximately 3 minutes.
- Slowly add handfuls of the noodles to the pan, tossing with the meat mixture until combined and the pieces of meat cling to the noodles and no liquid remains.
- Serve immediately with the remaining green onions.

## Nutrition Facts



## Properties

Glycemic Index:21.06, Glycemic Load:6.34, Inflammation Score:-3, Nutrition Score:10.675652255183%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## **Nutrients (% of daily need)**

Calories: 355.12kcal (17.76%), Fat: 18.94g (29.14%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 19.4g (7.06%), Sugar: 1.63g (1.81%), Cholesterol: 51.62mg (17.21%), Sodium: 952.69mg (41.42%), Alcohol: 0.6g (100%), Alcohol %: 0.45% (100%), Protein: 22.1g (44.22%), Vitamin B1: 0.54mg (36.24%), Vitamin K: 27.38µg (26.08%), Selenium: 17.85µg (25.5%), Vitamin B3: 3.83mg (19.13%), Vitamin B6: 0.31mg (15.68%), Phosphorus: 150.44mg (15.04%), Fiber: 3.58g (14.3%), Iron: 2.32mg (12.91%), Vitamin B2: 0.22mg (12.81%), Zinc: 1.7mg (11.3%), Vitamin B12: 0.5µg (8.37%), Potassium: 287.62mg (8.22%), Magnesium: 22.55mg (5.64%), Manganese: 0.11mg (5.54%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.7mg (4.67%), Vitamin C: 3.39mg (4.11%), Vitamin A: 195.66IU (3.91%), Calcium: 36.08mg (3.61%), Copper: 0.07mg (3.56%), Folate: 14.18µg (3.54%)